

Scientific Wellness Webinar

Yoga • Ayurveda Lifestyle • Introspection • Meditation

A practical educational webinar for physical, mental and spiritual wellbeing using safe lifestyle principles, self-awareness and scientific reasoning.

Pillar	Focus
Physical Wellbeing	Routine, movement, rest, body awareness and lifestyle discipline
Mental Clarity	Stress awareness, emotional regulation and introspection
Spiritual Wellbeing	Self-awareness, values, compassion and inner balance
Scientific Approach	Practical observation, habit tracking and realistic self-practice

Webinar Topics

- Body-mind connection in simple language
- Yoga as daily-life discipline
- Ayurveda-inspired routine for food, sleep and digestion awareness
- Introspection for emotion and relationship balance
- Meditation and breath awareness
- 21-day self-practice plan

Who Can Attend

- Working professionals
- Students and homemakers
- Wellness learners
- Life-coach and wellness-coach aspirants
- People interested in self-development

Important Disclaimer

- This webinar is educational and not medical diagnosis or treatment.
- Consult a qualified healthcare professional before changing lifestyle, diet, yoga or meditation practice if you have medical conditions.